



**NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
JOINT FORCE HEADQUARTERS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-5606**

ARMY BULLETIN NO. 23

9 June 2004

**AGR RETEST AND/OR MAKE-UP OF ARMY PHYSICAL FITNESS TEST AND
WEIGH-IN**

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR Retest and/or Make-up APFT will be conducted on Friday, 16 0730 July 04. This date falls at the end of the 3 month window. The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2 ½ mile walk and alternate bike event (track) will report to the APFT Track at 18th St and Alabama. All individuals will report at 0730 for the ONLY APFT TO BE given on 16 July 2004. All AGR soldiers will report for the APFT, who:

- a. Did not test on 10 May 2004 (Make-up/Excused)
- b. Failed the 10 May 2004 APFT* (Retest)
- c. Are coming off a temporary profile (Make-up)

*** Reference 1a above, para 1-21, d(5): "...commanders may allow soldiers to retake the test as soon as the soldier and the commander feel the soldier is ready. Soldiers without a medical profile will be retested not later than 90 days following the initial APFT failure."**

3. The inclement weather date for this event is 23 July 04.

4. APFT Schedule and Personnel Requirements: See Enclosure 1.

5. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU, including sweat pants).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

b. Headphones are not authorized during the conduct of the test.

6. Report location is Bldg **3650**, 0730 hours, in PFU uniform.

7. Administrative Requirements for each MSC and J-Staff Section:

a. A roster of soldiers required to attend this event will be forwarded to this HQ ATTN: J1 - AGR Manager, NLT 8 July 04.

b. Temporary and/or Permanent Profiles since **10 May 2004** will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J 1, ATTN: AGR Manager, retains copies of profiles and the DA Form 705 for each AGR soldier.**

8. Tasking for events and equipment support.

a. J3 schedules, procures, and clears APFT Track for the event. Provide 15 clipboards, 4 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 16 Jul 04 and 23 Jul 04 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.

b. J4 provides water with cups at Bldg 3650 and the APFT track, three scales and tape measurers for height/weight verification in drill hall, Bldg 3650. Two (2) Military Buses for transportation between building 3650 and PT Track.

c. J6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. NJARNG Medical Det provides 2 medical personnel to support APFT and screen profiles at Bldg 3650 and APFT Track.

9. Tasking for Site Support:

a. NJARNG Master Fitness Trainer's (MFT's) will administer APFT and weigh-in. MFT's will be contacted directly by the J-1 office.

b. 57th Troop Command provides 2 military bus drivers (Licensed) for shuttle between Bldg 3650 and PT Track.

c. T3BL 5 soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th, 16th, Buffalo and Alabama Streets. These 5 personnel will report to 1SG Zelenski at Bldg 3650.

10. Coordinating Instructions:

a. There will be a final coordination meeting on Thursday, 8 July 2004 for all MFT's, J-Staff and MSC representatives in Conf Rm A, Bldg 3650 at 0900hrs.

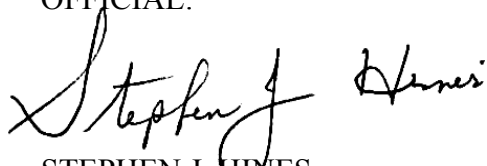
b. The drill floor at HQ, NJNG will be set up NLT 15 1600 July 04.

c. Scales will be calibrated at the time they are set up on the drill floor.

11. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

12. The point of contact for this event is LTC Nicholas Chimienti @ 609-562-0759.

OFFICIAL:



STEPHEN J. HINES
COL, GS, NJARNG
Chief of Staff

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General

DISTRIBUTION: A, A2, B, C

2 Encls:

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

| <u>PERSONNEL</u> | <u>REPORT TIME</u> | <u>LOCATION</u> |
|----------------------------------|------------------------|------------------|
| ALL Support Personnel | 0700, 16 Jul 04 | Bldg 3650 |
| All Personnel Taking Test | 0730, 16 Jul 04 | Bldg 3650 |

(Uniform for Support Personnel and Testers is BDU's)

AGR APFT ROSTER
(Unit and MSC)

| <u>RANK</u> | <u>NAME</u> | <u>UNIT</u> | <u>APFT Events</u> | | | <u>Alternate Aerobic Event & Profile Info</u> |
|-------------|------------------|---------------|--------------------|-----------|------------|---|
| | | | <u>PU</u> | <u>SU</u> | <u>Run</u> | |
| SGT | DOE, JOHN | CO C 2/113 | X | X | X | |
| CPT | DOE, JAMES | CO C 250 SIG | X | X | | Bike (Track)-Age 56 |
| SFC | SMITH, ALLEN | 2-102 AR | | X | X | Perm Profile (12 Jan 1999) |
| 2LT | JONES, WILLIAM | HHC 5-117 CAV | | | | Temp Profile (Exp 20 Oct 02) |
| SSG | KIDDEN, U. GOTTA | 3-112 FA | X | X | | Bike (Stationary)-Perm Profile (17 May 01) |
| MAJ | MAJOR, MAJOR | 1-114 IN | | X | | Walk-Perm Profile (27 Oct 00) |
| SSG | O'DOLLY, HILL | CO C 2/113 | X | X | X | |

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)